

ABSTRACT

Benefits and Barriers Facing Nurses Using the Non-pharmacological Pain Management in Jordanian Hospitals.

Background: Pain is a unpleasant experience that is considered a worldwide phenomenon among all age groups. Despite the great development of pain management technology, there are still both outpatients and inpatients in pain. Therefore, Non-pharmacological pain management increased the attention of health care providers due to its effectiveness in relieving pain.

Purpose: The aim of the study was to investigate the common types of non-pharmacological pain management and investigate nurses' perspectives toward benefits and barriers facing them during the application of different types of non-pharmacological pain management in Jordan.

Methods: A cross-sectional descriptive quantitative design was used for this study. A validated self-reported questionnaire, which includes three sections: using non-pharmacological pain management, benefits and barriers. Participants were selected from three major hospitals in Jordan, representing the three health sectors (private, governmental, and teaching). The nurses in the study worked at Intensive Care Units (ICUs), medical care units, and surgical units. The statistical analysis used descriptive statistics, frequencies and percentages, ANOVA, *Chi square*, multiple regression.

Result: The questioners was answered by 262 nurses (106 males and 156 females). The results showed that, Jordanian nurses have (68%) information regarding using non-pharmacological pain management. Most of Jordanian nurses used the comfortable

environment as a preferred non-pharmacological pain management ($M=3.50$, $SD=0.79$, 70%), mainly by minimizing noise to let patients rest. The results also showed that the highest percentage among benefits of using the non-pharmacological pain management in Jordanian hospitals is improving the sense of patient self-control (41.2%) and the absence of side effects (40%), whereas the least benefit recorded was the cost effectiveness (29.8). In the other side the most barriers facing nurses using the non-pharmacological pain management were inadequate nursing staff numbers (47%), strong beliefs of analgesia (46.2%), and patient unwillingness (38.5%) lack of knowledge (35.5%), lack of time (37.8%) respectively. Moreover, MOH was significant in these benefits (absence of side effects (87.5%), improve sense of patient self-control (93.8%), postpone need of medications (82.5%), and available (91.8%), whereas private hospital was significant in these benefits (provide sense of comfort and relaxation (87.3%), cost effective (87.3%), easy to use (90.9%), and build trusting relationship (92.7%). MOH was significant in these barriers (lack of time (92.8%), inadequate nursing staff (91.8%), patient unwilling (90.7%), sometimes not concrete (89.7%), strong beliefs of analgesia (91.8%), and one item was significant with private hospital in regulatory issues (74.5%). The current study showed that the hours of non-pharmacological education predict using non-pharmacological pain management.

Conclusion: The results showed that, Jordanian nurses have (68%) information using the non-pharmacological pain management, due to facing some barrier. Nursing management can have a vital role in implicating this study, where they can arrange educational courses about non-pharmacological pain management, as well as add policy in using non-pharmacologic pain management, encouraging nurses to use it more often.